



# News Release

**For immediate release:** February 28, 2012

(12-020)

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## **Take the leap — be one in a million to protect your heart today**

*Use the extra day this year to reduce your risk of heart disease and stroke*

**OLYMPIA** — Heart disease and stroke together kill more people in Washington than any other cause, and are among the top causes of disability. We have an extra day this leap year on February 29. Take the leap and become one in a million Americans committed to protecting our hearts by accepting the [Million Hearts™ pledge](#).

[Join us in preventing a million heart attacks and strokes](#) over the next five years through the national Million Hearts™ initiative. One million lives nationally could translate into 20,000 lives in Washington.

“I have people I love whose lives were cut short by heart attack and stroke, and I know you do, too,” said State Health Officer Dr. Maxine Hayes. “We can commit to making healthy changes to protect our hearts and our lives.”

Preventing one million heart attacks and strokes in five years requires a commitment to change from all of us. To reduce your risk of heart disease and stroke, you need to:

- **Understand** your risks and learn how to be [heart-healthy and stroke-free](#).
- **Get up and get active** by exercising for 30 minutes on most days of the week.
- **Stay strong** by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans-fats, and cholesterol.
- **Take control** of your heart health with medications and treatment your health care provider recommends, and know your ABCS: **A**ppropriate Aspirin Therapy, **B**lood Pressure Control, **C**holesterol Management, and **S**moking Cessation.

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